

Chef

express



EXPRESS **SA**ccess
EXPRESSNEWS.COM

family bread basket





family bread basket

Published by:
STANDARD INTERNATIONAL PRINT GROUP
www.stndpub.com
eMail:sales@stndpub.com
Tel: +1 (954) 580-6662
©Standard International Print Group

Publishers
Simon St.John Bailey

Digital Content Manager
Christian G Bailey

Editing
Isabel Toyos

Compilation
Sofia Toyos

Design and lay out
Natalia Canet

ISBN: 9781600814884

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form and by any means without written permission of the Publisher, except in the case of brief quotations embodied in critical articles and reviews.

Publication Date 2019



**Standard
International
Print Group**
Print & Digital Media Publishing



introduction

Nothing compares to the delicious smell of a warm, perfectly baked loaf of bread. There's something magical about home made bread related to the bliss of kneading the dough and a feeling of awe at the surprising transformations a hot oven can perform.



family bread basket



The ingredients needed to make bread are simple: flour, yeast, water and salt. Despite this, breadmaking can be a difficult endeavor. From scratch to your first batch, these tips will help you accomplish effortless homemade loaves.

Flour and yeast

Whether using regular or whole grain wheat flour, by itself or combined with cornmeal or oatmeal, respecting the rising time is always required when making a perfect bread. Too little rising will cause coarse bread crusts and a gummy texture.

Dough will always require more flour than the recipe states, since every kneading is done on a lightly floured surface.

The oven

In baking bread as well as pastry and cakes, the temperature of the oven is essential. Ovens too high cause thick, heavy crusts on breads. With cakes and pastry, the surface may overburn while the center undercooks. For the best results, always follow recipe instructions carefully.

When is it done?

To check if your bread is ready, just hit lightly on the bottom: if it sounds hollow, it's done.

How to preserve the dough

Fresh yeast dough stores perfectly well, plastic-wrapped in the refrigerator. To use, let stand at room temperature and knead again, with some flour, before baking. Once baked, the loafs can also be frozen, hermetically sealed.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

yeast based dough

■ ■ □ | Cooking time: according to use - Preparation time: 2 hours

ingredients

- > 1 teaspoon active dry yeast
- > pinch sugar
- > ⅔ cup/170 ml/5½ fl oz warm water
- > 2 cups/250 ml/8 oz flour
- > ½ teaspoon salt
- > ¼ cup/60 ml/2 fl oz olive oil

method

1. Place yeast, sugar and water in a large bowl (a) and mix to dissolve. Set aside in a warm, draught-free place for 5 minutes or until foamy (b).
2. Place flour and salt in a food processor and pulse once or twice to sift. With machine running, slowly pour in oil and yeast mixture and process to form a rough dough. Turn dough onto a lightly floured surface and knead for 5 minutes or until soft and shiny (c). Add more flour if necessary.
3. Lightly oil a large bowl, then roll dough around in it to cover the surface with oil. Cover bowl tightly with plastic food wrap and place in a warm, draught-free place for 1½-2 hours or until dough has doubled in volume. Knock down and remove dough from bowl. Knead briefly before using as desired. Bake at 200°C/400°F/Gas 6.

.....
Makes 250 g/8 oz dough

tip from the chef

Don't knead the dough longer than the recipes recommend because it will become too elastic and lose tenderness while cooking. However, it is necessary to do so to deaerate it, but then it must be left to rise until it doubles its size.



baking powder based dough

■ ■ □ | Cooking time: according to use - Preparation time: 20 minutes

method

1. Sift flour and baking powder together into a bowl, add sugar. Using your fingertips, rub in butter until mixture resembles fine breadcrumbs.
2. Make a well in the center of flour mixture and using a round-ended knife, mix in egg and enough milk to form a soft dough.
3. Turn dough onto a lightly floured surface and knead with fingertips until smooth. Using heel of hand, press dough out evenly, shape as desired, then bake at 220°C/425°F/Gas 7 until cooked and golden.

ingredients

- > 2 cups/250 g/8 oz self-raising flour
- > 1 teaspoon baking powder
- > 2 teaspoons sugar
- > 60 g/2 oz butter, chopped
- > 1 egg, lightly beaten
- > ½ cup/125 ml/4 fl oz milk

.....
Makes 500 g/1 lb dough

tip from the chef

This is a good alternative to using a yeast based dough when time is short. Cooking time will usually be a little less when using a baking powder based dough.



unleavened bread

■ ■ □ | Cooking time: 4 minutes – Preparation time: 45 minutes

ingredients

- > 4 cups/500 g/1 lb flour
- > 1 teaspoon salt
- > 1 cup/250 ml/8 fl oz water
- > 45 g/1½ oz clarified butter, melted

method

1. Combine flour and salt in a bowl and make a well in the center. Add water and clarified butter and mix to a smooth dough. Rest dough for 20 minutes.
2. Take 2 tablespoons of dough and roll into balls. Roll each ball to make very thin oval shapes. Place breads on a nonstick baking tray and bake at 220°C/425°F/Gas 7 for 2-4 minutes or until lightly golden.

.....
Makes 12 rounds



tip from the chef

To clarify butter, put it in a small saucepan, bring to the boil and cool. Remove the top residue and the serum deposited at the bottom; use the central layer, which is the clarified butter.





olive soda bread

■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

method

1. Place butter, sugar and egg in a food processor and process until smooth. Add wholemeal flour, flour, bicarbonate of soda, baking powder and milk and process to form a soft dough.
2. Turn dough onto a lightly floured surface and knead in olives. Shape dough into a 20 cm/8 in round and place on a lightly greased and floured baking tray. Using a sharp knife, cut a cross in the top. Sprinkle with fennel seeds and salt and bake at 200°C/400°F/ Gas 5 for 45 minutes or until cooked.

.....
 Makes one 20 cm/8 in round loaf

ingredients

- > 125 g/4 oz butter, softened
- > ¼ cup/60 g/2 oz sugar
- > 1 egg
- > 3 cups/470 g/15 oz wholemeal flour
- > 3 teaspoons baking powder
- > 1½ cups/185 g/6 oz flour
- > 1½ teaspoons bicarbonate of soda
- > 1½ cups/375 ml/12 fl oz buttermilk or milk
- > 125 g/4 oz black olives, chopped
- > 2 teaspoons fennel seeds
- > 1 teaspoon coarse sea salt

tip from the chef

The famous Irish soda bread is influenced here by the Mediterranean flavors of fennel and olives. You may use one of the many types of marinated olives available, if you wish.



milk bread

■ ■ □ | Cooking time: 55 minutes - Preparation time: 1 hour 30 minutes

ingredients

- > 1½ tablespoons sugar
- > 1⅓ cups/350 ml/11 fl oz milk, warmed
- > 1 tablespoon dried yeast
- > 4 cups/500 g/1 lb flour, sifted
- > 2 teaspoons salt
- > 30 g/1 oz butter
- > 1 egg yolk, lightly beaten
- > 1½ tablespoons sesame or poppy seeds

method

1. Place 2 teaspoons sugar and milk in a bowl and mix to dissolve sugar. Sprinkle over yeast and stand in a warm, draught-free place for 10 minutes or until frothy.
2. Place flour, salt and remaining sugar in a bowl. Using fingertips, rub in butter and make a well in the center. Pour in yeast mixture and egg yolk and mix to form a soft dough. Turn dough onto a lightly floured surface and knead for 5-8 minutes or until dough is smooth and elastic.
3. Place dough in an oiled bowl, cover with plastic food wrap and stand in a warm, draught-free place for 30 minutes or until dough is doubled in size.
4. Punch dough down, turn onto a lightly floured surface and knead for 5 minutes or until smooth and elastic. Divide dough into 2 equal portions and roll each into a strip 10 cm/4 in wide and 1 cm/½ in thick. Roll up each strip from the short end and place rolls side by side in a large, greased and floured bread tin. Cover with plastic food wrap and stand in a warm, draught-free place for 30 minutes or until doubled in size.
5. Brush loaf with a little milk and sprinkle with sesame or poppy seeds. Bake at 180°C/350°F/ Gas 4 for 50-55 minutes, or until base sounds hollow when tapped with fingers.

.....
Makes 1 large loaf



spinach,

olive and onion bread

■ ■ □ | Cooking time: 25 minutes - Preparation time: 45 minutes

method

1. Prepare dough as described in recipe.
2. To make filling, heat olive oil in a large frying pan and cook onion until soft. Add garlic and sultanas and cook 1 minute longer. Add spinach and olives and cook over a medium heat until spinach just begins to wilt. Remove from heat and mix in mozzarella. Season to taste with black pepper. Set aside.
3. Knock down dough and knead lightly. Divide dough into four portions, and roll each out into 5 mm/¼ in thick circles. Place two circles on lightly oiled baking trays, then spread with filling to within 2.5 cm/1 in of edge. Cover with remaining circles and pinch sides together to seal edges.
4. Brush top with olive oil. Cover with a clean tea-towel and set aside to rise in a warm place until doubled in size.
5. Brush top with egg white and bake at 200°C/400°F/Gas 6 for 25 minutes, or until golden brown and well risen.

ingredients

- > 1 recipe yeast based dough (page 6)
- > 1 tablespoon olive oil
- > 1 egg white, lightly beaten

filling

- > 2 tablespoons olive oil
- > 1 large red onion, sliced
- > 1 clove garlic, crushed
- > 1 tablespoon sultanas
- > 750 g/1½ lb spinach, stalks removed and leaves shredded
- > 125 g/4 oz stuffed green olives, sliced
- > 3 tablespoons fresh mozzarella cheese, grated
- > freshly ground black pepper

.....
Serves 8

tip from the chef

A filled bread, almost a pie, this flat loaf makes a delicious snack or supper dish.



herb rolls

■ ■ □ | Cooking time: 40 minutes - Preparation time: 35 minutes

ingredients

- > 90 g/3 oz butter
- > 8 spring onions, finely chopped
- > 315 g/10 oz flour
- > 125 g/4 oz self-raising flour
- > 3 teaspoons baking powder
- > ½ teaspoon bicarbonate of soda
- > 4 teaspoons sugar
- > 1 tablespoon finely chopped fresh parsley
- > 1 tablespoon finely chopped fresh basil
- > 125 ml/4 fl oz buttermilk or milk
- > 3 eggs, lightly beaten
- > 1 egg, beaten with ½ teaspoon olive oil

method

1. Melt butter in a frying pan and cook spring onions over a medium heat for 2-3 minutes or until onions are soft. Remove from heat and set aside.
2. Sift together flour and self-raising flour, baking powder and bicarbonate of soda into a large mixing bowl. Stir in sugar, parsley and basil. Combine milk, eggs and onion mixture and mix into flour mixture to form a firm dough.
3. Turn onto a floured surface and knead lightly until smooth. Divide dough into twelve portions and roll each into a ball, then place on greased and floured baking trays. Brush each roll with egg and oil mixture and bake at 180°C/350°F/Gas 4 for 30-35 minutes or until cooked through.

.....
Makes 12 rolls

tip from the chef

Spring onions and herbs have been added to this soda bread recipe. The dough is then formed into rolls to make the quickest herb flavored rolls ever.



mexican cornbread

■ ■ □ | Cooking time: 60 minutes - Preparation time: 35 minutes

method

1. Place polenta, all purpose flour and baking powder in a bowl. Add tasty (mature Cheddar) cheese, Parmesan cheese, olives, sun-dried tomatoes, sweet corn and green peppers in a bowl and mix to combine.
2. Combine eggs, milk, yogurt and oil. Add egg mixture to dry ingredients and mix until just combined.
3. Pour mixture into a greased 20 cm/8 in springform pan and bake at 180°C/350°F/Gas 4 for 1 hour or until bread is cooked when tested with a skewer. Serve warm or cold.

.....
 Makes one 20 cm/8 in round loaf

ingredients

- > 2 cups/350 g/11 oz polenta
- > 2 cups/250 g/8 oz all purpose flour, sifted
- > 2½ teaspoons baking powder
- > 125 g/4 oz grated tasty (mature Cheddar) cheese
- > 60 g/2 oz grated Parmesan cheese
- > 12 pitted black olives, sliced
- > 12 sun-dried tomatoes, chopped
- > 100 g/3½ oz canned sweet corn kernels, drained
- > 3 bottled green peppers, chopped finely
- > 2 eggs, lightly beaten
- > 1 cup/250 ml/8 fl oz milk
- > ¾ cup/155 g/5 oz yogurt
- > ¼ cup/60 ml/2 fl oz vegetable oil

tip from the chef

Split wedges of this loaf and layer with savory fillings to create attractive sandwiches. This cornbread is also delicious served warm and topped with baked ricotta cheese.



soda bread

■ □ □ | Cooking time: 40 minutes - Preparation time: 30 minutes

ingredients

- > 500 g/1 lb flour
- > 1 teaspoon bicarbonate of soda
- > 1 teaspoon salt
- > 45 g/1½ oz butter
- > 500 ml/16 fl oz buttermilk or milk

method

1. Sift together flour, bicarbonate of soda and salt into a mixing bowl. Rub in butter using fingertips until mixture resembles coarse breadcrumbs. Make a well in the center of the flour mixture and pour in milk. Using a round-ended knife, mix to form a soft dough.
2. Turn dough onto a floured surface and knead lightly until smooth. Shape into an 18 cm/7 in round and place on a greased and floured baking tray. Score dough into eighths using a sharp knife. Dust lightly with flour and bake at 200°C/400°F/Gas 6 for 35-40 minutes or until loaf sounds hollow when tapped on the base.

.....
Serves 8



tip from the chef

A loaf to make when you need bread unexpectedly. Wonderful spread with lashings of treacle or golden syrup. Soda bread is made with bicarbonate of soda rather than yeast so it requires no rising. It is best eaten slightly warm.



layered ham and vegetable loaf

■ ■ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

method

1. Cut top from loaf and scoop out center leaving a 2 cm/¾ in border. Reserve top of loaf. Reserve crumbs for another use.
2. Boil, steam or microwave spinach leaves until tender. Drain well and squeeze to remove as much moisture as possible.
3. Line base of loaf with a layer of spinach leaves. Then top with a layer each of ham, cheese, onion, tomatoes, sun-dried peppers or tomatoes, avocado and parsley. Repeat layers to use all ingredients.
4. Replace top of loaf, press down firmly and wrap tightly in plastic food wrap. Weigh down and chill for at least 1 hour.

ingredients

- > 1 loaf wholemeal bread
- > 1 bunch English spinach
- > 185 g/6 oz lean ham, thinly sliced
- > 185 g/6 oz Cheddar cheese, thinly sliced
- > 1 red onion, thinly sliced
- > 2 large tomatoes, sliced
- > 90 g/3 oz sun-dried peppers or tomatoes
- > 1 large avocado, stoned, peeled and thinly sliced
- > 3 tablespoons chopped fresh parsley

.....
Serves 6

tip from the chef

The bread from the center of the loaf can be made into crumbs and used in another recipe. Allow the bread to dry out, then process in a food processor or blender. Crumbs can be stored in an airtight container for several days or frozen for longer storage.



basic biscuit recipe

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 125 g butter
- > ¾ cup/185 g/6 oz caster sugar
- > 1 teaspoon vanilla essence
- > 1 egg
- > 1 cup/125 g/4 oz plain flour, sifted
- > 1 cup/125 g/4 oz self-raising flour, sifted

method

1. Cream butter, sugar and vanilla until light and fluffy. Add egg and beat well. Fold in plain and self-raising flours, cover and refrigerate for 2 hours.
2. Roll heaped teaspoonfuls of mixture into balls. Place onto a greased oven tray, spacing well apart to allow for spreading. Flatten each biscuit slightly with a fork and bake at 180°C/350°F/Gas 4 for 12-15 minutes or until golden brown. Allow to cool on tray for a few minutes then transfer to a wire rack to finish cooling.

.....
Makes 40

Try these easy variations:

- *Spicy fruit cookies: Replace 4 tablespoons of the caster sugar with 4 tablespoons brown sugar. Sift 2 teaspoons cinnamon, 1 teaspoon mixed spice and 1 teaspoon ground ginger with the flour. Roll out mixture and cut 16 rounds. Place teaspoonfuls of fruit mince on half the rounds and cover with remaining rounds. Press edges lightly to seal and bake for 20-25 minutes.*
- *Three-chocolate cookies: Add 40 g/1½ oz each finely chopped dark chocolate, milk chocolate and white chocolate to mixture after beating in the egg. Place spoonfuls of mixture on greased tray and bake as directed.*
- *Creamy jam drops: Roll mixture into balls and flatten slightly. Make indents in the center of each round, fill with a little cream cheese and top with a teaspoon jam. Bake as directed.*



cheese and bacon damper



■ □ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

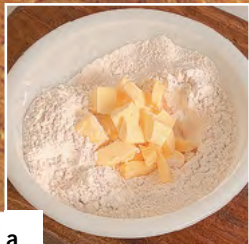
method

1. Rub the margarine into the flour and baking powder (a) until mixture resembles coarse breadcrumbs.
2. Stir in parsley, chives, cheese and bacon (b). Mix well.
3. Combine the egg and milk, stir into the dry ingredients (c) and mix to a soft dough.
4. Turn dough onto a lightly floured board and knead lightly.
5. Shape into a cob, cut a deep cross in the center of the cob (d) and place on a sheet of baking paper on an oven tray.
6. Bake at 200°C/400°F/Gas 6 for 30 minutes or until hollow-sounding when tapped underneath.
7. Serve hot with a crock of butter on a buffet table, cut into small pieces.

ingredients

- > 3 tablespoons margarine or butter
- > 2½ cups all purpose flour
- > 3 teaspoons baking powder
- > 2 teaspoons parsley flakes
- > 1 teaspoon chopped chives
- > 1 cup/125 g/4 oz grated tasty (mature Cheddar) cheese
- > 2 rashers cooked bacon, finely chopped
- > 1 egg
- > ¾ cup/180 ml/6 fl oz milk

.....
Serves 6-8



a



b



c



d

tip from the chef

This bread is delicious when sliced thinly and served, just toasted, with a green salad and poached eggs.



chelsea bun

■ ■ □ | Cooking time: 35 minutes - Preparation time: 20 minutes

ingredients

- > 1 quantity scones recipe (page 57)
- > 60 g/2 oz butter
- > ½ cup/60 g/2 oz brown sugar
- > 1 teaspoon ground mixed spice
- > 250 g/8 oz mixed dried fruit

sugar glaze

- > 1 tablespoon sugar
- > 1 teaspoon gelatin
- > 1 tablespoon water

method

1. Make up scone dough as directed. Roll out dough on a lightly floured surface to form a 20 x 30 cm/8 x 12 in rectangle.
2. Place butter, brown sugar and mixed spice in a bowl and beat until creamy. Spread over dough, then sprinkle with fruit and roll up lengthwise. Using a sharp knife, cut roll into 8 thick slices and arrange over base of a greased, shallow 20 cm/8 in cake tin. Bake at 180°C/350°F/Gas 4 for 25-30 minutes or until golden.
3. To make glaze, place sugar, gelatin and water in a saucepan and cook over a low heat, stirring constantly, until sugar and gelatin dissolve. Brush bun with glaze while hot. Serve warm or cold.

.....
Serves 6

tip from the chef

Mr. Richard Hand, known as "Captain Bun", ran the Chelsea Bun House in London in the late 17th century and it was there that the first Chelsea Bun was made. Captain Bun would be proud of this recipe for Chelsea Bun.



curried

sausage pufs



■ ■ □ | Cooking time: 18 minutes - Preparation time: 35 minutes

method

1. Cut pastry sheets in half.
2. Combine mince, carrot, spring onions, chutney and curry powder (a), season to taste with salt and pepper, divide into 4, roll each into a sausage shape (b) the length of the long side of the pastry.
3. Place sausage along pastry, roll up, and seal edge with water. Cut roll into 1 cm/½ in slices (c).
4. Place slices onto greased baking tray; bake at 200°C/400°F/Gas 6 for 15 minutes or until golden brown and puffed.

ingredients

- > 2 sheets ready-rolled puff pastry
- > 375 g/¾ lb sausage mince
- > 1 small carrot, finely grated
- > 2 spring onions, chopped
- > 1 tablespoon fruit chutney
- > 1 teaspoon curry powder
- > salt and pepper

.....
Makes 24

tip from the chef

This filling can be used to make baby phyllo pastry parcels.



ricotta focaccia

■ ■ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

ingredients

- > 15 g/½ oz fresh yeast
- > lukewarm water
- > 1 teaspoon sugar
- > 250 g/8 oz flour
- > 1 teaspoon salt
- > 250 g/8 oz ricotta cheese, drained in cheesecloth for 2 hours
- > 1 tablespoon chopped fresh basil
- > 3 tablespoons olive oil
- > 1 tablespoon coarse sea salt

method

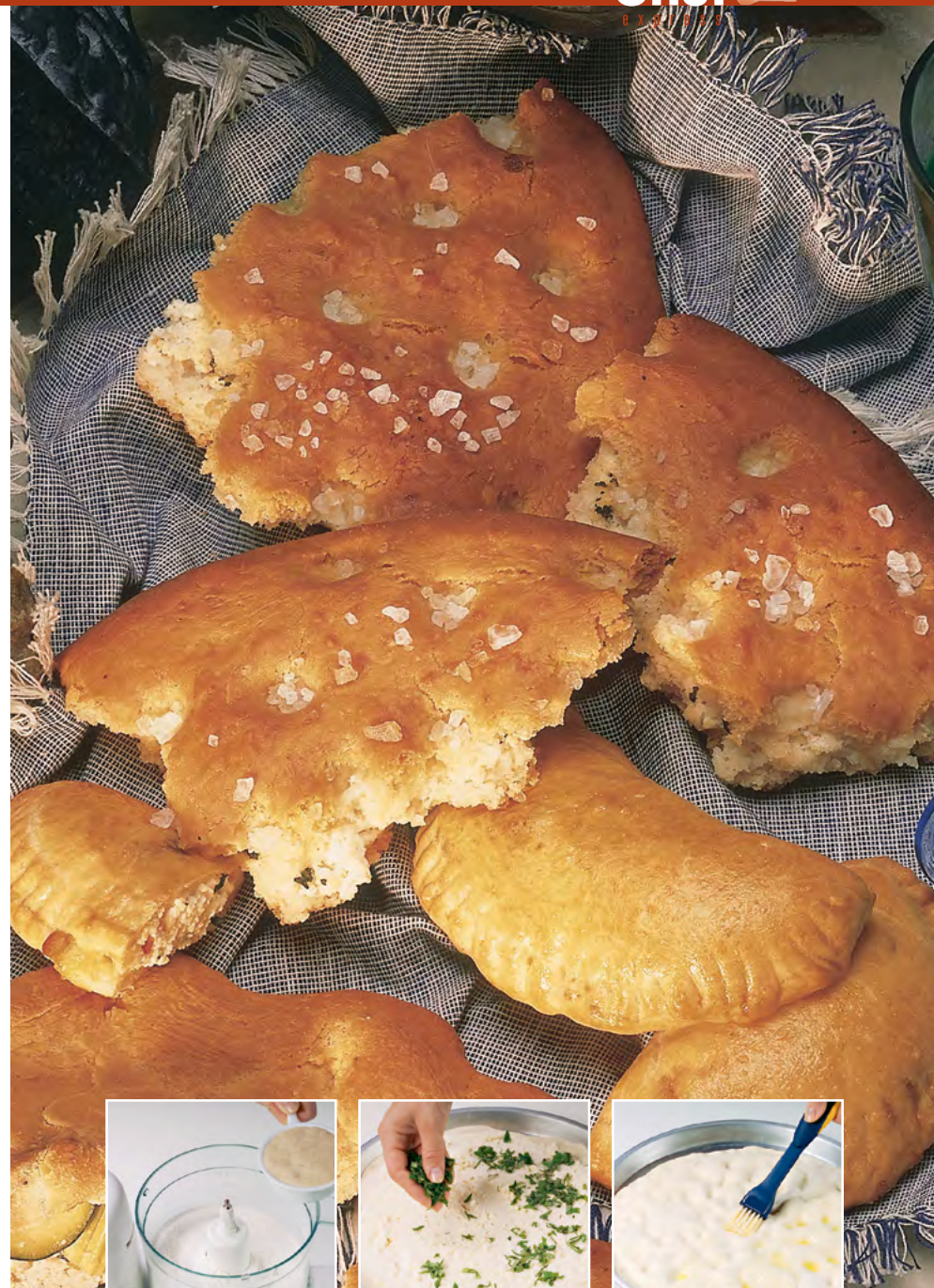
1. Dissolve yeast with ½ cup lukewarm water and sugar. Combine flour and salt, place in a food processor and add yeast mixture (a). Process while gradually adding lukewarm water to form a dough. Transfer to a bowl, cover with plastic food wrap and stand in a warm place until dough rises lightly. Knock down and knead briefly.
2. Divide dough into two portions and roll each out to a thin circle about 33 cm/13 in diameter. Transfer one circle to an oiled baking tray, spread evenly with ricotta, sprinkle with basil (b). Cover with the second dough circle and seal edges together. Dimple surface with fingertips, brush with 1 tablespoon oil, cover with a clean tea-towel and set aside to rise for 1-2 hours or until doubled.
3. Brush surface with remaining olive oil (c) and sprinkle with salt. Bake at 200°C/400°F/Gas 6 for 20-25 minutes or until golden. Remove from oven and invert onto wire racks to cool. Serve warm.

.....
Makes 1



tip from the chef

A layer of ricotta sandwiched in the middle of focaccia gives a soft, moist variation which is great served with a glass of red wine.





pecan fruit loaf

■ □ □ | Cooking time: 1 hour 20 minutes - Preparation time: 15 minutes

method

1. Place fruit and water in a saucepan, bring to the boil over a medium heat and cook for 3 minutes. Remove pan from heat and set aside to cool.
2. Place butter and sugar in a bowl and beat until light and creamy. Beat in egg and continue beating until combined. Mix flour mixture and undrained fruit mixture, alternately, into butter mixture, then fold in pecans.
3. Spoon batter into a greased and lined 11 x 21 cm/4½ x 8½ in loaf tin and bake at 180°C/350°F/Gas 4 for 1¼ hours or until golden. Stand in tin for 5 minutes before turning onto a wire rack to cool.

.....
 Makes an 11 x 21 cm/4 ½ x 8 ½ in loaf

ingredients

- > 315 g/10 oz mixed dried fruit
- > 1 cup/250 ml/8 fl oz water
- > 125 g/4 oz butter
- > ½ cup/125 g/4 oz sugar
- > 1 egg
- > 2 cups/250 g/8 oz self-raising flour sifted with ½ teaspoon baking powder
- > 125 g/4 oz pecans, roughly chopped

tip from the chef

This loaf is delicious spread with softened cream cheese instead of butter. Loaves like this benefit from being wrapped and stored overnight before serving to allow the flavors to develop and prevent crumbling when slicing.



cherry apricot bran loaf

■■■ | Cooking time: 45 minutes – Preparation time: 15 minutes

ingredients

- > 1 cup/45 g/1½ oz oat bran
- > ½ cup/60 g/2 oz brown sugar
- > 125 g/4 oz dried apricots, chopped
- > 440 g/14 oz canned pitted cherries, drained and chopped
- > 1½ cups/375 ml/12 fl oz skim milk
- > 1½ cups/235 g/7½ oz wholemeal self-raising flour
- > 2 teaspoons ground cinnamon

method

1. Place oat bran, sugar, apricots, cherries and milk in a bowl and mix to combine. Cover and set aside, stirring occasionally, for 2 hours or until bran is very soft.
2. Sift together flour and cinnamon. Return husks to bowl, then add to fruit mixture and mix to combine.
3. Spoon mixture into a loaf tin and bake at 180°C/350°F/Gas 4 for 45 minutes or until loaf is cooked when tested with skewer. Stand loaf in tin for 5 minutes before turning onto a wire rack to cool.

.....
Serves 12

tip from the chef

This pretty loaf is sure to become a favorite. A few chopped walnuts or almonds make a tasty addition.



herb onion loaves



■ ■ □ | Cooking time: 35 minutes - Preparation time: 50 minutes

method

1. Place yeast and lukewarm water in a bowl, mix to dissolve and stand in a warm, draught-free place until frothy.
2. Place flours, herbs, onion flakes, sugar, salt and black pepper to taste in a bowl, mix to combine and make a well in the center. Combine warm water, milk, butter and egg. Pour butter and yeast mixtures in flour mixture and mix to form a soft dough.
3. Turn dough onto a lightly floured surface and knead for 5-8 minutes or until smooth and elastic. Divide dough into 6 equal portions and roll each into a long sausage, tapering slightly at the ends. Plait three portions together to form a loaf. Repeat with remaining dough.
4. Cover a wire rack with a clean teatowel, lightly dust with wholemeal flour. Place loaves on rack, cover with plastic food wrap and stand in a warm, draught-free place for 30 minutes or until doubled in size.
5. Lift loaves carefully onto hot baking trays, lightly dusted with semolina, and bake at 200°C/400°F/Gas 6 for 30-35 minutes.

.....
Makes 2 loaves

ingredients

- > 45 g/l ½ oz fresh yeast
- > ¼ cup/60 ml/2 fl oz lukewarm water
- > 3 cups/375 g/12 oz flour, sifted
- > 3 cups/470 g/15 oz wholemeal flour, sifted and husks returned
- > 2 tablespoons chopped mixed fresh herbs (parsley, chives, rosemary, thyme)
- > 2 tablespoons onion flakes
- > 1 tablespoon sugar
- > 2 teaspoons salt
- > freshly ground black pepper
- > 1 cup/250 ml/8 fl oz warm water
- > 2/3 cup/170 ml/5½ fl oz evaporated milk
- > 125 g/4 oz butter, melted and cooled
- > 1 egg, lightly beaten
- > wholemeal flour
- > 1 tablespoon semolina

tip from the chef

For something different, divide dough in half, roll out one piece to a 20 x 30 cm/8 x 12 in rectangle. Roll up to make a long thin loaf. Make 4 or 5 slashes across top of loaf.



cheese daisies

■ □ □ | Cooking time: 15 minutes – Preparation time: 15 minutes

ingredients

- > 125 g/4 oz mature Cheddar cheese, finely grated
- > 185 g/6 oz butter, softened
- > 185 g/6 oz flour
- > 1 teaspoon paprika
- > 1 teaspoon salt
- > ¼ teaspoon freshly ground black pepper
- > 2 tablespoons toasted sesame seeds
- > poppy seeds

method

1. Beat cheese and butter until creamy. Sift together flour, paprika, salt and black pepper and stir into creamed mixture with sesame seeds. Wrap dough in plastic food wrap or foil and chill slightly.
2. Preheat oven to 180°C/350°F/Gas 4. Press dough through a biscuit press fitted with a flower nozzle onto ungreased baking trays. Roll little balls of dough in poppy seeds and push into centers of flowers. Bake for 12-15 minutes or until golden. Cool completely.

.....
Makes 30



tip from the chef

Keep a batch of unbaked dough in the freezer and shape and bake when needed.



simple cornbread

■ □ □ | Cooking time: 40 minutes - Preparation time: 45 minutes

method

1. Sift flour with baking powder and salt. Stir in sugar and polenta. Add eggs, milk and melted butter. Beat until just smooth.
2. Pour into a 23 x 23 x 5 cm/9 x 9 x 2 in tin lined with baking paper and bake at 220°C/440°F/Gas 7 for 20-25 minutes.
3. Remove from tin and cut into squares to serve with butter.

ingredients

- > 125 g/4 oz sifted plain flour
- > 4 teaspoons baking powder
- > ¾ teaspoon salt
- > 30 g/1 oz sugar
- > 125 g/4 oz polenta
- > 2 eggs
- > 1 cup/250 ml/8 oz milk
- > 30 g/1 oz butter
- > butter, to serve

.....
Serves 4

tip from the chef

Polenta can be replaced by fine rolled oats. This recipe is ideal for an afternoon tea.



coffee kisses

■ ■ □ | Cooking time: 12 minutes – Preparation time: 10 minutes

ingredients

- > 250 g/8 oz butter, softened
- > 2/3 cup/100 g/3½ oz icing sugar, sifted
- > 2 teaspoons instant coffee powder dissolved in 1 tablespoon hot water, cooled
- > 2 cups/250 g/8 oz flour, sifted
- > 45 g/1½ oz dark chocolate, melted
- > extra icing sugar to dust

method

1. Place butter and icing sugar in a large mixing bowl and beat until light and fluffy. Stir in coffee mixture and flour.
2. Spoon mixture into a piping bag fitted with a medium star nozzle (a) and pipe 2 cm/¾ in rounds of mixture 2 cm/¾ in apart on greased baking trays (b). Bake at 180°C/350°F/Gas 4 for 10-12 minutes or until lightly browned. Stand on trays for 5 minutes before removing to wire racks to cool completely.
3. Join biscuits with a little melted chocolate (c), then dust with icing sugar.

.....
Makes 25

tip from the chef

These charming cookies are ideal for serving with a nice tea in the afternoon, or a good coffee after dinner.



cheesy

herb bread

■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

method

1. Place flour, baking powder, salt, stock powder, rosemary, dill, chives, sage and 12 g/4 oz cheese in a bowl and mix to combine.
2. Combine egg, milk and butter. Add egg mixture to dry ingredients and mix to combine.
3. Spoon mixture into a greased and lined 11 x 21 cm/4½ x 8½ in loaf tin, sprinkle with remaining cheese and bake at 190°C/375°F/ Gas 5 for 45 minutes or until cooked when tested with a skewer. Turn onto a wire rack to cool.

.....
 Makes one 11 x 21 cm/4½ x 8½ in loaf

ingredients

- > 2 cups/250 g/8 oz all purpose flour, sifted
- > 2 teaspoons baking powder
- > 1 teaspoon salt
- > 1 teaspoon chicken stock powder
- > 2 tablespoons chopped fresh rosemary or 1 teaspoon dried rosemary
- > 2 tablespoons chopped fresh dill
- > 2 tablespoons snipped fresh chives
- > 2 tablespoons chopped fresh sage or 1 teaspoon dried sage
- > 185 g/6 oz grated tasty (mature Cheddar) cheese
- > 1 egg, lightly beaten
- > 155 ml/5 fl oz milk
- > 30 g/1 oz butter, melted

tip from the chef

Another time, try combining the flavors of thyme, bay leaves and fennel seeds with the rosemary and sage for a loaf infused with the classic "herbes de Provence".



candy chocolate cookies

■ □ □ | Cooking time: 10 minutes – Preparation time: 10 minutes

ingredients

- > 125 g/4 oz butter, softened
- > 2/3 cup/100 g/3½ oz brown sugar
- > ½ cup/125 g/4 oz caster sugar
- > 1 teaspoon vanilla essence
- > 1 egg, lightly beaten
- > 1¼ cups/155 g/5 oz flour
- > ¼ cup/30 g/1 oz cocoa powder
- > 1 teaspoon bicarbonate of soda
- > 125 g/4 oz candy-coated chocolates
- > 75 g/2½ oz chopped almonds

method

1. Place butter, brown sugar, caster sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in egg.
2. Sift together flour, cocoa powder and bicarbonate of soda. Add flour mixture, candy-coated chocolates and almonds to butter mixture and mix well to combine. Cover with plastic food wrap and refrigerate for 30 minutes or until mixture is firm.
3. Drop tablespoons of mixture onto lightly greased baking trays and bake at 160°C/325°F/Gas 3 for 8-10 minutes or until cookies are firm. Stand on trays for 3 minutes before transferring to wire racks to cool.

.....
Makes 30



tip from the chef

Be sure to make biscuits a uniform size; not only will they look more attractive but they will also cook more evenly.



chili

soup biscuits

■ ■ □ | Cooking time: 18 minutes - Preparation time: 30 minutes

method

1. Cook bacon in a nonstick frying pan over a medium high heat for 3-4 minutes or until crisp. Remove from pan and drain on absorbent kitchen paper.
2. Sift together flour, baking powder and salt into a mixing bowl. Rub in butter with fingertips until mixture resembles coarse breadcrumbs.
3. Stir bacon, cheese and chilies into flour mixture. Add milk and mix to form a soft dough. Turn onto a floured surface and knead lightly with fingertips until smooth.
4. Using heel of hand, gently press dough out to 1 cm/½ in thick. Cut out rounds using a 5 cm/2 in pastry cutter. Place on a greased baking tray and brush with melted butter. Bake at 220°C/425°F/Gas 7 for 12-15 minutes or until golden brown. Remove from tray and cool on a wire rack, or serve warm spread with butter.

.....
Makes 16 biscuits

ingredients

- > 2 rashers bacon, finely chopped
- > 250 g/8 oz flour
- > 3 teaspoons baking powder
- > ½ teaspoon salt
- > 90 g/3 oz butter
- > 90 g/3 oz grated mature Cheddar
- > 2 small fresh red chilies, seeded and finely chopped
- > 170 ml/5½ fl oz milk
- > 30 g/1 oz butter, melted

tip from the chef

These biscuits are perfect to serve as appetizers with drinks on the rocks, like Pisco Sour or Frozen Margarita. They can be stored for quite some time in airtight containers.



wholemeal

carob chip cookies

■ ■ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

ingredients

- > 185 g/6 oz butter
- > 1½ cup wholemeal self-raising flour
- > ½ cup raw sugar
- > 90 g/3 oz carob, chopped
- > 1 egg, lightly beaten

method

1. Rub butter into flour, using fingertips, until mixture resembles fine breadcrumbs. Stir in sugar and carob. Add egg, stir with a knife until just combined, knead lightly until smooth.
2. Roll out to 5 mm/¼ in thick on a lightly floured surface. Cut into circles using a 5 cm/2 in cutter. Place onto a lightly greased baking tray. Mark with prongs of a fork.
3. Bake in moderate oven 10 minutes or until golden brown, place on wire rack to cool. Store in airtight container.

.....
Makes about 24



tip from the chef

It is important to use cold butter. For it to integrate quickly, dice it into small cubes.





soft scones

■□□ | Cooking time: 20 minutes – Preparation time: 10 minutes

method

1. Sift flour and baking powder together into a mixing bowl, add sugar. Rub in butter, using the fingertips, until mixture resembles fine breadcrumbs.
2. Make a well in the center. Using a rounded knife, mix the egg and almost all the milk through the flour mixture. Mix to a soft dough, adding remaining milk if necessary.
3. Turn onto a lightly floured surface and knead lightly with fingertips until smooth. Using heel of hand, press dough out evenly to 2 cm/ $\frac{3}{4}$ in thickness. Cut scones out using a floured 5 cm/2 in cutter; do not twist cutter, or scones will rise unevenly.
4. Arrange scones close together on a greased and lightly floured baking tray. Brush tops with a little milk and bake at 220°C/440°F/ Gas 7 for 15-20 minutes or until scones are golden brown and sound hollow when tapped with your fingertips.

ingredients

- > 2 cups/250 g/8 oz selfraising flour
- > 1 teaspoon baking powder
- > 2 teaspoons sugar
- > 50 g butter, chopped
- > 1 egg, lightly beaten
- > $\frac{1}{2}$ cup/125 ml/4 fl oz milk

.....
Makes 10

tip from the chef

For best results, work quickly and have all the equipment cool. Wrap scones in a clean tea towel when ready so they will keep soft and light.



orange-pistachio biscotti

■ □ □ | Cooking time: 40 minutes - Preparation time: 20 minutes

ingredients

- > 2 cups/250 g/8 oz flour
- > 1 cup/250 g/8 oz sugar
- > 1 teaspoon baking powder
- > pinch salt
- > 2 eggs
- > 2 egg whites
- > 1 tablespoon finely grated orange rind
- > ½ teaspoon vanilla essence
- > 75 g/2½ oz pistachios, shelled and toasted

method

1. Sift together flour, sugar, baking powder and salt into a bowl.
2. Place eggs, egg whites, orange rind and vanilla essence in a separate bowl and whisk to combine.
3. Stir egg mixture and pistachio nuts into flour mixture and mix to make a smooth dough. Turn dough onto a lightly floured surface and divide into two equal portions. Roll each portion into a log with a diameter of 5 cm/2 in. Flatten logs slightly and place 10 cm/4 in apart on a nonstick baking tray. Bake at 180°C/350°F/Gas 4 for 30 minutes. Remove from oven and set aside to cool.
4. Reduce oven temperature to 150°C/300°F/Gas 2. Cut cooled logs into 1 cm/½ in thick slices, place on nonstick baking trays and bake for 10 minutes or until biscuits are crisp.

.....
Makes 48

tip from the chef

Biscotti, other Italian food classic, accept all types of nuts: walnuts, almonds, hazelnuts and cashew nuts.



cinnamon crips



■ □ □ | Cooking time: 8 minutes – Preparation time: 25 minutes

method

1. Place butter and $\frac{3}{4}$ cup/170 g/5½ oz sugar in a bowl and beat until light and fluffy. Add egg and beat well.
2. Sift together flour, baking powder and bicarbonate of soda and stir into butter mixture. Turn dough onto a floured surface and knead briefly. Wrap in plastic food wrap and refrigerate for 30 minutes or until firm.
3. Place cinnamon and remaining sugar in a small bowl and mix to combine. Roll dough into small balls, then roll balls in sugar mixture. Place 5 cm/2 in apart on lightly greased baking trays and bake at 180°C/350°F/Gas 4 for 8 minutes or until golden. Remove to wire racks to cool.

ingredients

- > 125 g/4 oz butter
- > 1 cup/220 g/7 oz caster sugar
- > 1 egg
- > 1½ cups/185 g/6 oz flour
- > ½ teaspoon baking powder
- > ½ teaspoon bicarbonate of soda
- > 2 teaspoons ground cinnamon

.....
Makes 25

tip from the chef

Fat or shortening in whatever form makes a baked product tender and helps to improve its keeping quality. In most baked goods, top-quality margarine and butter are interchangeable.



easy berry bread

■ ■ □ | Cooking time: 35 minutes - Preparation time: 25 minutes

ingredients

- > 3 cups/375 g/12 oz all purpose flour
- > 1½ teaspoons ground mixed spice
- > 4 teaspoons baking powder
- > 1½ tablespoons sugar
- > 30 g/1 oz butter
- > 2/3 cup/170 ml/5½ fl oz water
- > ½ cup/125 ml/4 fl oz milk
- > 200 g/6½ oz raspberries
- > 1 tablespoon caster sugar
- > 4 teaspoons milk, for brushing

method

1. Sift flour, mixed spice and baking powder together into a bowl. Add sugar then, using your fingertips, rub in butter until mixture resembles coarse breadcrumbs.
2. Make a well in the center of flour mixture then, using a round-ended knife, mix in water and milk (a) and mix to form a soft dough.
3. Turn dough onto a floured surface and knead lightly until smooth. Divide dough into two portions and flatten each into an 18 cm/7 in round.
4. Sprinkle raspberries and sugar (b) over surface of one round leaving 2.5 cm/1 in around edge. Brush edge with a little milk and place remaining round on top (c). Seal edges securely using fingertips.
5. Place on a greased and lightly floured baking tray. Brush surface of loaf with a little milk and bake at 220°C/425°F/Gas 7 for 10 minutes. Reduce oven temperature to 180°C/350°F/Gas 4 and bake for 20-25 minutes longer or until cooked.

.....
Makes one 18 cm/7 in round

tip from the chef

Butter absorbs odors easily, so keep it in the refrigerator covered and away from foods such as onions and fish or you will have a strong-smelling butter that will affect baked goods.



giant choc chip cookies

■ □ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

method

1. Place butter, brown sugar, caster sugar and vanilla essence in a bowl and beat until light and fluffy. Gradually beat in eggs. Add flour, baking powder and chocolate chips and mix until just combined.
2. Place 3 tablespoons of mixture in piles well apart onto greased baking trays. Bake at 160°C/325°F/Gas 3 for 25 minutes or until golden, cool on wire racks.

.....
Makes 24

ingredients

- > 300 g/9½ oz butter, softened
- > 1¼ cups/220 g/7 oz brown sugar
- > 2/3 cup/140 g/4½ oz caster sugar
- > 2 teaspoons vanilla essence
- > 2 eggs, lightly beaten
- > 3¼ cups/410 g/13 oz flour, sifted
- > 1 teaspoon baking powder, sifted
- > 375 g/12 oz chocolate chips

junior chef says

Here's one for the school lunch box! For something different you might like to use white or milk chocolate chips or a mixture of dark, milk and white chocolate chips.



index

Yeast Based Dough	6
Baking Power Based Dough	8
Unleavened Bread	10
Olive Soda Bread	12
Milk Bread	14
Spinach, Olive and Onion Bread	16
Herb Rolls	18
Mexican Cornbread	20
Soda Bread	22
Layered Ham and Vegetable Loaf	24
Basic Biscuit Recipe	26
Cheese and Bacon Damper	28
Chelsea Bun	30
Curried Sausage Puffs	32
Ricotta Focaccia	34
Pecan Fruit Loaf	36
Cherry Apricot Bran Loaf	38
Herb Onion Loaves	40
Cheese Daisies	42
Simple Cornbread	44
Coffee Kisses	46
Cheesy Herb Bread	48
Candy Chocolate Cookies	50
Chili Soup Biscuits	52
Wholemeal Carob Chip Cookies	54
Soft Scones	56
Orange-Pistachio Biscotti	58
Cinnamon Crisps	60
Easy Berry Bread	62
Giant Choc Chip Cookies	64

family bread basket

